

NOVEMBER/DECEMBER 2011

# SENIOR SPOTLIGHT

Westminster Senior Center

8200 Westminster Blvd. Westminster, CA 92683

(714) 895-2878

[www.ci.westminster-ca.gov](http://www.ci.westminster-ca.gov)

## *Join Us in November*



Join us for our annual  
*Thanksgiving Celebration*

Wednesday, November 16th

*in the Dining Room*

11:00 a.m.

with entertainment by

*Tony Odell Rogers*

*Tickets:*

*\$3.50 Donation*

## *Celebrate the Holiday Season with us*

You are invited to attend our

***Holiday Party***

Wednesday, December 14th

*in the East/West Room*

11:00 a.m.

with entertainment by

*Marina High School Choir*



*Pre-registration is a must*

*Tickets: \$4.00 Donation*

### Westminster Senior Services Team

#### MAYOR & CITY COUNCIL

MAYOR

**Margie L. Rice**

(714) 548-3183

MAYOR PRO TEM

**Tyler Diep**

(714) 548-3179

COUNCIL MEMBER

**Frank Fry**

(714) 548-3181

COUNCIL MEMBER

**Tri Ta**

(714) 548-3179

COUNCIL MEMBER

**Andy Quach**

(714) 548-3182

**DEPARTMENT LINE**

(714) 548-3240

#### CITY MANAGER & COMMUNITY SERVICES

CITY MANAGER

**Mitch Waller**

(714) 548-3172

COMMUNITY SERVICES DIRECTOR

**Diana Dobbert**

(714) 895-2860



**The Senior Center Spotlight  
is now available on the City Website:**

[www.ci.westminster-ca.gov](http://www.ci.westminster-ca.gov)

Go to Departments, Community Services, Senior Services  
or you can Google City of Westminster, CA Homepage

### Senior Center Staff

**(714) 895-2878**

<b>SENIOR SERVICES SUPERVISOR</b>	Claire Hutchinson
<b>NUTRITIONIST</b>	Maribel Avilez
<b>SECRETARY</b>	Sherrie Machuga
<b>RECEPTIONIST</b>	Ivy Gimondo
<b>CLERK TYPIST</b>	Joy Williams
<b>VAN DRIVERS</b>	John Conrekas, Bertha Lara and Clarey Mercer
<b>HEALTH CARE NURSE</b>	Jane Herin
<b>PROJECT S.H.U.E. DIRECTOR</b>	Rachael Christenson
<b>SENIOR CENTER INTERN</b>	Amber Julian

### Commission on Aging

<b>COMMISSIONER</b>	Vince Agor	(714) 897-6252
<b>COMMISSIONER</b>	Leonor Barajas	(714) 893-3708
<b>COMMISSIONER</b>	Owen Eames	(714) 894-3129
<b>COMMISSIONER</b>	Phil Hodgetts	(714) 847-4165
<b>COMMISSIONER</b>	Leo Lopez	(714) 898-7358
<b>COMMISSIONER</b>	Linh Nguyen	(714) 782-2902
<b>COMMISSIONER</b>	Erwin Vysma	(714) 893-3659
<b>ALTERNATE COMMISSIONER</b>	Ron Hamamura	(714) 531-8570
<b>ALTERNATE COMMISSIONER</b>	Joan Germany	(714) 897-6873

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every month at 10:00 a.m. in the City Council Chambers; all residents are welcomed and encouraged to attend.

## From the Senior Center Supervisor

**H**oliday Greetings!

We have a lot of events taking place at the center over the next two months. Please join us for our Thanksgiving and Holiday Celebrations, as well as our Fall Silent Auction November 15<sup>th</sup>-17<sup>th</sup> and our week-long Holiday Craft Fair that begins November 28<sup>th</sup>.

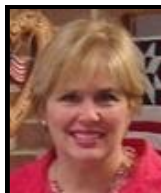
Just browse through this newsletter to catch up on all of our current activities and events.

Our goal is to provide the finest services to all our seniors.

During this time of year, I wish to express my gratitude to the staff and volunteers that make these services possible.

Have a wonderful Holiday Season and a very Happy New Year. Stay safe...I look forward to seeing you in 2012.

*Claire Hutchinson*



## Emergency Business & Telephone Numbers

Emergency Number	911
Police	(714) 893-3708
Fire	(714) 744-0400
Elder-Abuse	(800) 451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714) 898-9648
Library	(714) 893-5057
Medi-Cal	(714) 841-7100
Social Security	(800) 772-1213
Ombudsman	(714) 479-0107
Office on Aging	(800) 510-2020
Information Help Line	211
Traffic Information	511

### GOT CHESS?

**NO? We do...every Tuesday and Thursday morning from 7:30 a.m. to 1:00 p.m.**



**Come on in!**  
Newcomers  
always  
welcome!

### LOOKING AHEAD



- **Holiday Break**  
December 23<sup>rd</sup>, 2011  
thru January 2<sup>nd</sup>, 2012  
(Senior Center re-opens Jan. 3<sup>rd</sup>)

♦ **January 2012:**



### Tax Preparation

*Make your appointments early for free help on Wednesdays starting February 1<sup>st</sup>, 2012*

♦ **Trip to Las Vegas**



**Flamingo Hotel  
on the Strip!  
February 7th-9th**

# SENIOR CENTER PROGRAMS

## SENIOR SERV



Join us for a delicious meal! Lunch is served Monday through Thursday at 11:45 a.m. and every Friday at 11:30 a.m. We celebrate birthdays on the 4<sup>th</sup> Thursday of each month.

### Cost:

The suggested donation is just \$2.50 for our senior participants 60 and over. The cost for individuals under 60 is \$3.50.

## COMMODITIES



**Commodities Program** is held on the 2nd Wednesday of each month.

### November:

Wednesday, November 9th

### December:

Wednesday, December 14th

### Hours:

8:00 a.m. - 11:00 a.m.

(or until food runs out)

### Requirements:

You must live in Westminster and qualify as low income. Bring proper identification & plastic bag.



## WESTMINSTER ON WHEELS

The City of Westminster has partnered with OCTA to provide transportation services to seniors, 62 years and older, residing in Westminster. The goal of the WOW Program is to assist seniors in remaining independent. The program operates Monday through Friday and reservations are required.



## NUTRITION VAN

This program is for Westminster Seniors who need a ride to the Senior Center for the luncheon program. Once seniors are at the Senior Center they can hop on the Shuttle if they need to run errands.

### SCHEDULE

Monday through Friday

#### Morning Pick-Ups:

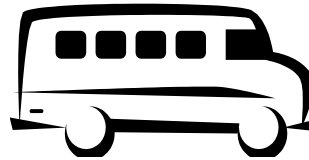
8:00 a.m. to 9:00 a.m.

from your home to the Senior Center.

#### Afternoon Returns:

12:30 p.m. & 2:30 p.m.

from the Senior Center to your home.



## SHUTTLE

This program is for older adults who reside in Westminster. This is a group pick-up program that runs **Monday through Thursday** from

9:00 a.m. - 1:00 p.m. After picking up seniors from the Senior Center and from other group pick-up sites, the shuttle stops for the shopping time of 1 ½ hours at Albertson's, Westminster Mall, Wal-Mart, and Target.

### NOTE:

NO

## SHUTTLE SERVICE ON FRIDAYS

Please contact the Senior Center if you have any scheduling questions. Service is free but you must sign up.



**WOW Questions?**  
**Call Bertha or John**  
**at**

**(714) 895-2878**  
**ext. 3675**

# SENIOR CENTER ACTIVITIES

## CLUBS & GROUPS



### BRIDGE CLUB

meets Mondays and Thursdays at 12:15 p.m.



### CHESS CLUB

meets Tuesdays and Thursdays at 7:30 a.m.



**BUNCO** meets on 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays at 12:30 p.m.



### CRAFT LADIES

meet on Thursdays at 9:00 a.m.



### MAH JONGG

players meet on Mondays from 10:00 a.m.-12:00 noon.



### DINNER GROUP

Meets the 3<sup>rd</sup> Wednesday of each month at a local restaurant.



### POOL ROOM

is open five days a week and new players are welcome.



### RED HAT SOCIETY

is a group of women who dress in purple and red. This group goes on trips, dinner, etc. Their main purpose is to have fun.



### YARN SPINNERS

crochet and knit on Mondays & Fridays 9:00 a.m.- 11:30 a.m. on Wednesdays 9:00 a.m. 4:00 p.m.



### NEEDLE WORK

meets Mondays at 9:00 a.m.



### MEXICAN TRAIN DOMINOS

meet on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month at 12:00 Noon



### SUDOKU

meets every Friday at 9:30 a.m.

## BINGO

BINGO					
12	18	41	47	61	
7	26	39	54	70	
4	27	FREE 4785 SPACE	49	63	
5	23	35	58	73	
3	30	32	52	75	

### GAME TIMES:

**Mondays &**

**Wednesdays**

12:45 p.m. - 2:30 p.m.

**Fridays**

9:30 a.m. - 11:15 a.m.

Bingo is hosted in our dining room by volunteer callers. Bingo cards are 3 for a \$1.00 or 50¢ a piece.



Winners receive a Bingo Buck a game. You can

earn a \$10 Stater Bros. Gift Card for every 10 Bingo Bucks you earn. If you are interested in being a Bingo caller, please contact the front desk.

## MOVIES

### NOVEMBER

*November 4<sup>th</sup>*

#### "Woman of the Year"

*Katherine Hepburn*

*Spencer Tracy*

1 hour; 52 minutes

Not Rated (1942)

Classic

*November 11<sup>th</sup>*

#### "If Only"

*Jennifer Love Hewitt*

*Paul Nichols*

2 hours

Rated PG-13 (2004)

Classic

*November 18<sup>th</sup>*

#### "Country Strong"

*Gwyneth Paltrow, Tim McGraw*

2 hours

Rated PG-13 (2010)

Romance



*Showing Fridays*

*at 9:15 a.m.*

### DECEMBER

*December 2<sup>nd</sup>*

#### "The Awful Truth"

*Cary Grant, Irene Dunne*

1 hour; 33 minutes

Not Rated (1937)

Classic

*December 9<sup>th</sup>*

#### "Seabiscuit"

*Toby McGuire*

*Chris Cooper*

2 hours; 20 minutes

Rated PG-13 (2003)

Drama

*December 16<sup>th</sup>*

#### "Baby's Day Out"

*Brian Haley*

*Cynthia Nixon*

1 hour; 38 minutes

Rated PG (1994)

Comedy

*December 23<sup>rd</sup>*

#### "Home Alone"

*Macaulay Culkin*

*John Candy*

1 hour; 42 minutes

Rated PG (1990)

Comedy



## SENIOR CENTER ACTIVITIES

### SPECIAL EVENTS

#### VETERAN'S DAY



Join us as we honor our veterans on this very special day.

Date:  
**Friday  
November 11th**

Time:  
**11:30 a.m.**

Place:  
**Dining Room**

#### BIRTHDAY CELEBRATIONS

We'll supply the cake, balloons, and entertainment but the party will not start without **YOU!**



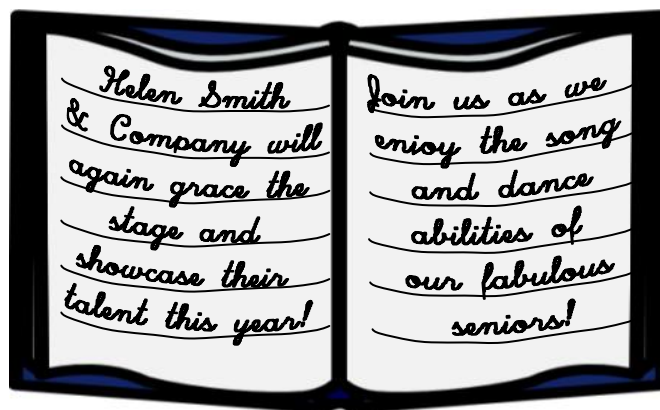
Dates:  
**Thursday,  
November 17<sup>th</sup>  
&  
Thursday,  
December 8<sup>th</sup>**

Time:  
**11:00 a.m.**

Place:  
**Dining Room**

Cost:  
**\$2.50  
Entertainment**

*The Westminster Senior Center*  
proudly presents  
*A Musical Revue*



Date: **Thursday, December 8, 2011**

Time: **10:00 a.m.**

Place: **Dining Room**



#### It's that time of year again!

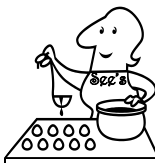
We invite you to participate in our Holiday Fundraiser by ordering your candy at a reduced rate.



Gift Certificates are also available

**Volunteers are available in the lobby from 9:00 a.m.-11:30 a.m. daily to take your orders through November 18th.**

*Orders arrive around the 1st week in December.*



#### "Singing Goodtimers"

**Join us as the Singing Goodtimers serenade us once again!**



**Tuesday, December 6, 2011  
11 a.m.**

**Senior Center Dining Room  
(Singing Along Encouraged)**

## SENIOR CENTER SERVICES

### ONGOING SERVICES



#### ATTORNEY

Elder Law attorney **Dennis Jensen** specializes in wills, trusts, estate planning and probate.

##### When:

3<sup>rd</sup> Tuesday of every month

##### Time:

10:00 a.m. - 12:00 noon  
(by appointment only)



#### BLOOD PRESSURE

Certified Nurses offer free blood pressure checks.

##### When:

Every Thursday

##### Time:

9:00 a.m. - 11:00 a.m.



#### HICAP

(Health Insurance Counseling Advocacy Program)

Do you need counseling about Plan D, Medicare, HMO drug coverage? HICAP counselor Joel Benson is available for Medicare/MediCal counseling and information.

##### When:

2<sup>nd</sup> Monday of every month

##### Time:

10:00 a.m. - 12:00 noon  
(by appointment only)



#### LEGAL AID

Paralegal **Laura Luu** provides legal advice and referrals.

##### When:

1st Friday of every month

##### Time:

10:00 a.m. - 12:00 noon  
(by appointment only)



#### PODIATRIST

**Dr. Nancy Hayata** provides foot screening and consultation.

##### When:

1st Friday of every other month.

##### Time:

Appointments begin at 11:30 a.m. and last 10 minutes.



#### INFORMATION & REFERRAL

Front Desk staff is available to answer any inquiries concerning senior activities and services.

For further information on any of the listed services contact us at:

(714) 895-2878



## FALL Silent Auction

### Begins:

**Tuesday, November 15<sup>th</sup>**  
**at 8:00 a.m.**

### Ends:

**Thursday, November 17<sup>th</sup>**  
***Closing Bell rings***  
***at 1:00 p.m. sharp***

### Senior Center Lobby

Lots of wonderful items will be up for bid. So don't miss out on this opportunity to find some lovely treasures!



## Free Haircuts & Manicures

Offered by the  
**Asian American Beauty School**

### Date:

**Tuesday, December 13<sup>th</sup>**  
**Time: 10:00 a.m.-12:00 noon**  
***(First come; first served)***

## SENIOR CENTER SERVICES

### NURSE JANE HERIN



Nurse Jane Herin is a professionally trained public health R.N. that conducts basic health screenings by appointment on scheduled Wednesdays from 8:00 a.m. to 2:00 p.m. She also provides nutrition counseling, as well as lectures on such topics as arthritis, heart disease, and diabetes.

#### UPCOMING HEALTH TALKS

NOVEMBER:

**Wednesday,  
November 2<sup>nd</sup>**

11:00 a.m.  
Dining Room



Topic:  
"Holiday Stress"

DECEMBER:

**Wednesday,  
December 7<sup>th</sup>**

11:00 a.m.  
Dining Room



Topic:  
"Medication Safety"

### Get the shot, not the flu!

**Wednesday,  
November 9, 2011**

**8:30 a.m.**

to

**11:30 a.m.**

**or...WHILE SUPPLIES LAST!**

**FREE for seniors 60+ and**

**18+with chronic disease.**



#### DIABETES EDUCATION & SUPPORT GROUP

**Wednesday, November 16<sup>th</sup>**

**12:30 p.m.**

**Room A**

**"Holidays &  
Meal Planning"**



**Wednesday, December 21<sup>st</sup>**

**12:30 p.m.**

**Room 5**

**"Medications  
& Diabetes"**



#### Life Story Writing



Join this Life Story Writing group to get ideas, stimulation and inspiration from each other as we share our stories. Using cartoons, articles, proverbs, poems and historic new events will help us remember our own live experiences in discussion and writing.

*All New Topics!*

Previous and new members are welcome.

**10-week program  
Monday September 19<sup>th</sup>  
thru**

**November 21<sup>st</sup>  
12:30 p.m.-2:00 p.m.**

**Room 5**

Sign Interest List at Front Desk or  
Call Facilitator Nancy Sink at  
714-832-2888 for more info.

*Unless otherwise noted, all health related presentations are given by: Jane Herin, RN, PHN*  
*Sponsored by: Adult Public Health Nursing Services and the Orange County Health Care Agency*  
**Information on Medi-Cal will be discussed.**



## UPCOMING EVENTS



### WEST COUNTY CONNECTORS FREEWAY PROJECT UPDATE

**Date:** Wednesday, November 2, 2011

**Time:** 10:00 a.m.

**Place:** Dining Room

This project was initiated by the Orange County Transportation Authority (OCTA) and the California Department of Transportation (Caltrans) to link high occupancy vehicle (HOV) lanes/carpool lanes on the San Diego Freeway (I-405) with those on the Garden Grove Freeway (I-605) to create a seamless HOV connection amongst the three freeways. The project traverses the cities of Garden Grove, Westminster, Seal Beach, Los Alamitos, Long Beach and the community of Rossmore.

### Holiday Craft Fair

Join us for a week of handmade crafts for sale in our lobby.



Monday, November 28th  
through  
Friday, December 2nd

#### Items include:

Christmas crafts, glamorous gifts, crochet and knitted items, aprons, throws, kitchen items, pins, and much more!

Senior Center Lobby  
9:00 a.m.-1:00 p.m.

### SAFETY DRIVING PROGRAM

This AARP sponsored refresher course for drivers is taught by a trained instructor. Class meets for 8 hours over a 2-day period, from 8:30 a.m. to 12:30 p.m.

**The fee is \$12 per person for AARP members  
\$14 per person for non-members**

Classes will be held on the following dates:

**December 1<sup>st</sup> & 2<sup>nd</sup>, 2011**

**February 9<sup>th</sup>-10<sup>th</sup>, 2012**



**\*Pre-registration and payment are required at Front Desk**

## SENIOR CENTER CLASSES COASTLINE COMMUNITY COLLEGE

### *Beginning Adult Fitness*

A mildly aerobic chair/standing exercise.

Day	Time	Instructor
Mon/Wed	12:30 p.m.- 1:30 p.m.	M. Masters



### *Balance & Mobility*

A preventive class for seniors at risk for falling; must meet entrance criteria, see Instructor.

Day	Time	Instructor	Day	Time	Instructor
Monday	10:00 a.m.- 12:00 noon	M. Masters	Mon/Wed	9:00 a.m.-10:00 a.m.	M. Masters
Wednesday	10:00 a.m.- 12:00 noon	M. Masters			

Coastline Community College classes are offered at no cost. For more information, call (714) 241-6184. Pre-registration is advised. Fall 2011 Session begins August 29<sup>th</sup> and ends December 14<sup>th</sup>.

## HUNTINGTON BEACH ADULT SCHOOL



### *Introduction to Dance Aerobics*

Day	Time	Instructor
Monday	1:30 p.m.- 3:00 p.m.	J. Camarena

### *Dance Aerobics 2*

Day	Time	Instructor
Thursday	9:00 a.m.- 10:30 a.m.	J. Camarena

### *Dance Aerobics 2/3*

Day	Time	Instructor
Thursday	3:00 p.m.- 4:30 p.m.	J. Camarena

### *Dance Aerobics 3*

Day	Time	Instructor
Thursday	10:30 a.m.- 12:00 p.m.	J. Camarena

### *Dance Aerobics 4*

(Waiting List Only)

Day	Time	Instructor
Tues./Thurs.	12:45 p.m.- 2:30 p.m.	J. Camarena

### *Low Impact Aerobics 2*

Day	Time	Instructor
Tuesday	10:45 a.m.- 11:45 a.m.	J. Camarena

### *Stretch & Flex*

Day	Time	Instructor
Tuesday	9:30 a.m.- 10:30 a.m.	J. Camarena

ALL Huntington Beach Adult School classes are now Fee-Based. For more information, call (714) 901-8106 ext.4405. Pre-Registration is advised. Fall 2011 Session begins September 1<sup>st</sup> and ends December 16<sup>th</sup>.

## SENIOR CENTER

### *Beginning Computer Class*

Applicants start by filling out forms at the Front Desk. Instructors will contact students with schedule info.

Day	Time	Instructor
Monday	1:00 p.m.- 3:30 p.m.	A. Spisak
Wednesday	9:00 a.m.- 11:30 p.m.	D. Davis

### *Intermediate Computer Class*

Day	Time	Instructor
Monday	9:00 a.m.- 11:30 a.m.	K. Hillhouse

### *Longevity Stick*

A Vietnamese form of exercise involving slow movement and stretching.

Day	Time	Instructor
Monday	9:00 a.m.- 10:00 a.m.	H. Uyehara
Thursday	9:00 a.m.- 10:00 a.m.	B. Kiehl

### *Tai Chi*

Day	Time	Instructor
Friday	8:30 a.m.- 10:30 a.m.	L. Mo

\* ALL CLASSES ARE HELD AT THE WESTMINSTER SENIOR CENTER \*

# SENIOR CENTER TRIPS

## DAY TRIPS

### PALA CASINO

Monday, November 21st, 2011

Enjoy a fun-filled day in Pala at the beautiful "Pala Indian Casino" with over 2000 SLOT machines, 46 Gaming Tables & 6 Restaurants!



Depart: 8:00 a.m.

Cost: \$19.00

Return: 5:00 p.m.

Includes \$5 in Slot Play

### SAN MANUEL CASINO

Wednesday, January 11th, 2012

All NEW \$350 million dollar casino! 2000 state-of-the-art slot machines, 99 poker & black jack tables.

Depart: 8:00 a.m.

Cost: \$15.00

Return: 4:00 p.m.

Includes \$10 in slot play OR food!



### PALM SPRINGS CASINO HOP

Gaming at 2 Casinos: "The Spa" & "Agua Caliente"

Tuesday, February 28th, 2012

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$34.00



### VIEJAS INDIAN CASINO

Shopping across the street!

Tuesday, March 20th, 2012

Depart: 8:00 a.m. Return: 5:30 p.m.

Cost: \$15.00

Includes \$5 off for lunch

### "THE DROWSY CHAPERONE"

AT THE CANDLELIGHT PAVILION

Saturday, March 31st, 2012

This Broadway show pays tribute to the Jazz-age shows of the 1920's and begins when a die-hard musical-theater fan plays his favorite cast album on his turntable, and the musical literally bursts to life in his living room, telling the rambunctious tale of a brazen Broadway starlet trying to find, and keep, her true love. Chaperone pays tribute to the Jazz-age shows of the 1920's and the power those shows held to transport us into a dazzling fantasy and to lift our spirits in times of sadness.

\* Before the show enjoy a wonderful lunch, with 3 great entrees to choose from right at the Theatre!

Depart: 9:45 a.m. Return: 4:30 p.m.

Cost: \$82.00



### SANTA ANITA HORSERACES with LUNCH

Thursday, April 12th, 2012

Deluxe Motorcoach. Clubhouse Seating. Buffet Luncheon in Club Court.

Depart: 10:00 a.m.

Cost: \$50.00

Return: 5:30 p.m.



## OVERNIGHT TRIPS

### LAUGHLIN CHRISTMAS at the RIVERSIDE

December 7th-9th, 2011-Waiting List Only



### FLAMINGO HOTEL & CASINO

February 7th-9th, 2012

(Tuesday-Thursday)

This Las Vegas package includes 3 days & 2 nights accommodations at "The Flamingo" Hotel & Casino located in the middle of the "strip." This is your chance to see all the new hotels and casinos on the Las Vegas strip!

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$129 p/p double  
\$174 single



### LAUGHLIN at the RIVERSIDE

April 23rd-25th, 2012

(Monday-Wednesday)

Package includes:

3 FREE Buffets @ HOTEL, "Special"

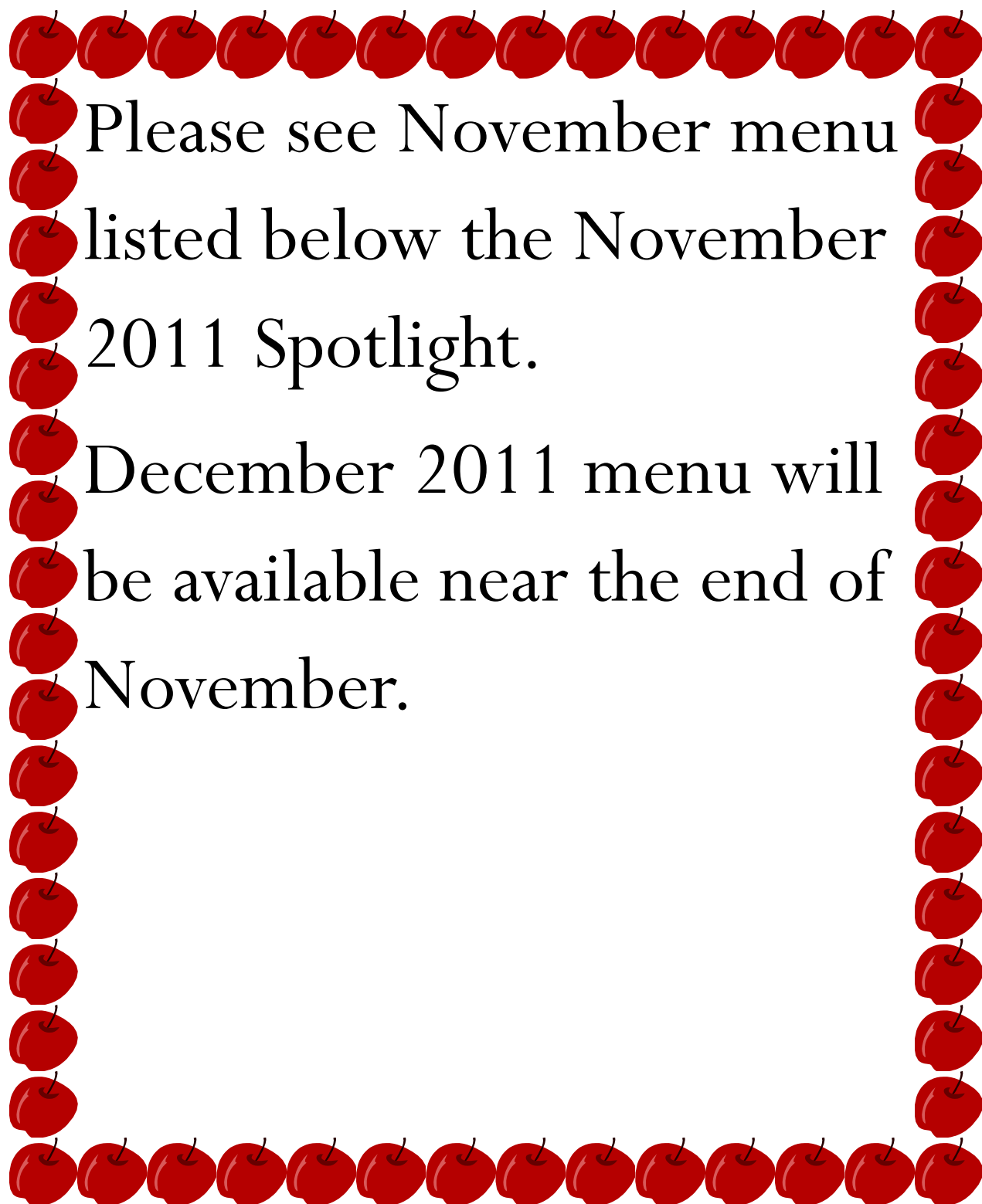
Laughlin Funbook includes three 2 for 1 meal coupons at local casinos, along with 2 for 1 drinks, appetizers, & much more!

Depart: 8:00 a.m.

Return: 6:00 p.m.

Cost: \$94 p/p double  
\$114 single





Please see November menu  
listed below the November  
2011 Spotlight.

December 2011 menu will  
be available near the end of  
November.

**PLEASE NOTE:** Lunch is served every Friday at 11:30 a.m.